



Functional Horse Training

Combining art with science to establish optimal movement



3-DAY MASTERCLASS – BYWONG, AUSTRALIA

INVESTMENT

€ 75 (roughly 112 AUD) 1-day seminar

€ 250 (roughly 375 AUD) 3-day course (seminar + assessment + sessions) spectator

€ 495 (roughly 740 AUD) 3-day course (seminar + assessment + sessions) participant

This includes:

- √ Full days tuition
- √ Asking questions all day(s)
- √ Extensive theory manuals

If you want to bring your own horse for the practical days, please contact Emma Loftus for stabling opportunities. Stabling is not included in the above-mentioned prices.

PROGRAM & TIMETABLE

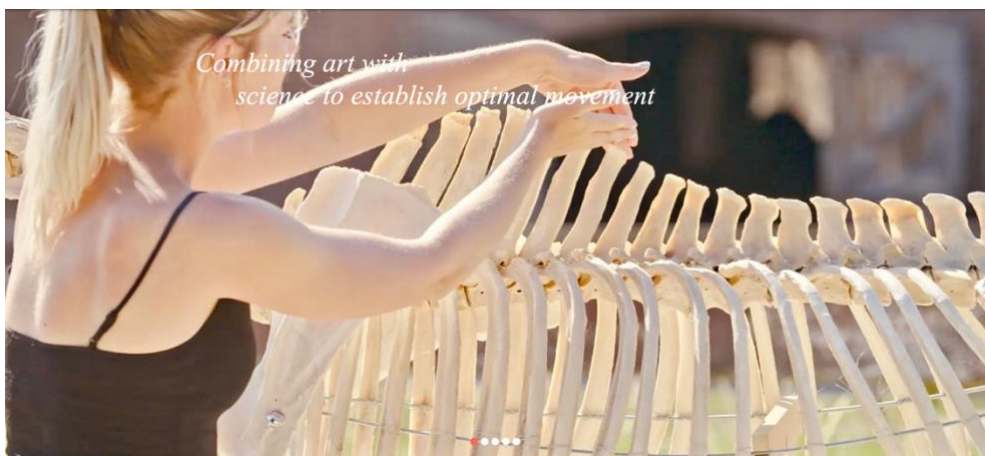
This masterclass will take place on:

Clinic 1

November 11 – 13 2022 09:00 – 17:00 local time

Clinic 2

November 14 – 16 2022 09:00 – 17:00 local time



Day 1 –Seminar

Studying anatomy, biomechanics, and physiology as the key to enhance a deeper relationship, understanding and performance with your horse. An emphasis will be placed on learning how to select a horse for the right discipline, based on their conformation.

The following topics will be explained and discussed:

- Introduction & history of evolution

- Anatomy: conformation and variation (selecting form to function)
 - Brain & Nervous Systems*
 - Bones, Muscles, Fascia, Tendons & Ligaments*
 - The sling systems (sacro-pelvic, thoracic sling & recoil system)*

- Biomechanics: gait analyses (normal vs abnormal)
 - Analysing basic gaits*
 - The mechanism of the thoracolumbar spine*
 - The role and functioning of the front/hind limbs*
 - The role and functioning of the pelvis*
 - The influence of head/neck positions*
 - Compensation patterns*

- Basic Exercise Physiology
 - Horse vs Human*
 - Temperature regulation*
 - Heart rates & fitness*
 - The law of overload*
 - Practical application of modern-day knowledge*



You will learn:

- √ The difference between conformation versus posture
- √ What is normal vs abnormal movement
- √ Recognizing compensation patterns
- √ How to select form to function
- √ Improving performance and efficiency

The presentations will be very interactive using dissection case studies as well as presenting various skeletal material.

For returning students: This seminar is completely renewed! So, even if you have already followed previous seminars, you can be assured you will be hearing new information

Timetable:

08.30-09.00 Welcome & Introduction

09.00-12.00 First lectures & discussion

12:00-13:00 Lunch

13:00-15:30 Second lectures & discussion

16:00-17:00 Third lectures & discussion

Day 2 – Assessment & Baseline reading

Thirza will guide you how to perform an extensive assessment of your horse (or horses available on the venue) on anatomy & biomechanics. You will learn to palpate muscles, fascia, boney landmarks as well as analyzing basic gaits to determine what is normal versus abnormal. We will consider genetics, pathology, symmetry and alignment and posture versus conformation.

Besides this we will also be diving deeper into the training physiology of your horse. You will get a baseline reading of the horse's heart rate during exercise to determine fitness levels and will receive a training schedule and recommended exercises. These are both adjusted to the needs of your horse and to your own goals, within the abilities of your horse.

You will get 'hands-on' guidance to develop eye, feel and hearing to properly assess and see the horse 'inside-out'. You are allowed to bring your own horse or use horses available at the venue. You will learn the strong and weak points of each horse, whether compensation patterns are present and how to keep track of what the body is trying to tell you.

For returning students: Even though Thirza has seen your horse before, she will still be doing an assessment as quite some time has passed. When less time is needed for the assessment, because the horse is known, we will take more time diving into the training physiology of your horse.

Timetable:

09.00 - 13.00 Assessments & Baseline Readings

13.00 - 13.45 lunch break

13.45 - 17.45 Assessments & Baseline Readings



Day 3 – Training Advice & Private sessions

All participants will receive two 30 min private sessions for either rehabilitation purposes, starting a young horse correctly for functionality or to solidify an existing foundation into higher performance.

The recommended training schedule and exercises that have been determined on day 2 will be put into practice. This way, Thirza will be able to guide you through the exercises and help you adjust where needed, to ensure you are well prepared when training your horse at home.

All levels and breeds welcome - horses need to be at least 4 years of age.

You will learn about alignment, vertical balance, horizontal balance, thoracic sling engagement, resiliency and coordination training, lateral softness, and collection.

Lessons can be given in groundwork, work in hand, lunging, long reigning, and riding.

Questions can be asked all day by both participants and spectators.





Timetable

09.00 - 12.00 private lessons

12.00 - 12.30 Lunch

12.00 – 15:30 private lessons

15.30 – 16.00 Closure & Goodbye

**** VENUE ****

This event will take place at:

Anamir Equine, Lee-Anne Shepherd

The Forest Rd, Bywong,

NSW 2621, Australia

Please enquire with venue host Lee-Anne Shepherd for stable / paddock availability

if you intend to bring your own horse. You can reach her via: lenafern@yahoo.com.au

****MEALS****

Coffee/tea will be available. Please bring your own lunches.

****CLINIC FORMAT****

The horse is a fascinating being. We can build a lifelong partnership in true harmony with a creature that is so majestic and powerful. At the same time, the journey can be complex as a horse can't speak our human language and we often misread / don't understand the signs what horses are trying to tell us and. We often hit many bumps in road like injuries, trauma, fear, stress, disconnection etc.

During this course, we'd like to help you to deeper your understanding of the horse "inside-out" as well as practical training considerations and exercise physiology. This way you will learn to recognize normal versus abnormal biomechanics, how to possibly manage any restrictions, as well as how to build a proper training / rehabilitation plan.

The clinic has a very interactive nature with the horse being our biggest teacher. We will be honoured to guide you.

****THIRZA HENDRIKS ****

Thirza Hendriks is an equine scientist and coach, specialized in Biomechanics, Functional Training and Postural Movement Therapy.

In the field of equine Anatomy & Biomechanics, Thirza has enjoyed, and continues to do so,

education from renowned pathologist Sharon May-Davis. She has participated in over 15+ dissections and now dissects herself about 10 times a year as part of the Equinestudies dissection team. This gives Thirza an unique insight on the horse 'inside-out' and she'll be able to present the latest research findings in Equine Science.





Besides her education in the field of Anatomy & Biomechanics, Thirza also studied Equine Exercise Physiology (higher education) to understand the physical adaptations necessary in response to training stimuli and how to use this knowledge to build an efficient training plan.

In the area of training, Thirza has studied with various classical training professionals, as well as rehabilitation specialist and/or institutions (such as Portuguese riding school, The Art of Horsemanship, Straightness Training, The School of Lightness and Dutch Institute of Classical Equitation). She has also successfully competed in the past in dressage (internationally).

All this knowledge combined has led Thirza to develop her own unique way of functional training and postural movement therapy for the horse. This way of training allows the horse to (re)find balance in self-carriage and lightness so that a horse can move with optimal efficiency and minimal effort.

Today, Thirza is a much sought-after international clinician and lecturer in the field of Biomechanics & Movement Analyses as well as Exercise Physiology, Rehabilitation and Functional Training for horses. By now, she travels to the UK, Sweden, USA, Taiwan, South Africa, Australia, and New-Zealand on a yearly basis, working together with other highly valued and renowned veterinarians, body workers, saddle fitters, and trimmers.



More information about Thirza can be found on: www.thirzahendriks.com

Thirza provides practical sessions in:

- Assessment (selecting form to function)
- Mobilisation techniques
- Groundwork
- Work in Hand
- Lunging
- Riding
- Long Reining

Sessions will always be adjusted to the mental/physical state of the horse and rider in that exact moment. The horse will always be the most important teacher. The coach is just the translator to help the owner to understand their horse's needs.

All breeds, age, sexes, levels & disciplines are welcome. However, if you own a gaited horse, please inquire beforehand, because certain breeds require specialist knowledge for proper biomechanical assessment.

**** CANCELLATION POLICY ****

Special corona policy:

If this event can't go ahead due to COVID regulations issued by the government the clinic will be rescheduled. Each participant will have the choice to opt for refund or to keep the spot for the next available date in either June or December 2022.

General policy:

A 30% refund will be given upon cancellation of the participant up till 12 weeks prior the event. Any cancellation on behalf of the participant within 12 weeks prior to the event will not be refunded. However, if the participant can find a suitable replacement for taking over the spot the fee can be refunded.

Upon the unlikely cancellation of the event by the organizer, a full refund of the participation fee will be given within 14 days. Additional costs like flight tickets / overnight stay will not be refunded.

You are strongly advised to close on a cancellation insurance.